

Elk Point REVIEW

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Tuesday, October 16, 2012

Vol. 32 No. 42 • \$1 (GST incl.)

Danyluk

Withdraws PC president bid

Page 2

Enrolment

Lower than SPERD expectations



First reading for
Page 5 land use bylaw
...Page 3



Vicki Brooker photo

Westbound and down

Adam French of Camrose was the first of 12 100-mile solo runners to come through the Elk Point Staging Area checkpoint in Saturday's Iron Horse Ultra 100 Iron Dragon run. French would turn south just past the elevator and follow the newly completed walking trail to Elk Point Recreation Park before crossing Hwy. 646, en route to the North Saskatchewan River, Fort George and Buckingham House and Lindbergh on the eastern loop of a very challenging course that began and ended in St. Paul. Story, Page 12

Businesses eager to be in parade

By VICKI BROOKER

Review Staff

Christmas Extravaganza planning got off to a small but productive start last Wednesday, when four volunteers laid many of the guidelines for the Friday, Nov. 30 event.

Leanne Gilbert, who brainstormed with Elk Point Chamber of Commerce president Debra McQuinn a few weeks ago, said the brochure she created after that session has gone over well with the businesses. The brochure "outlined the chamber's expectations and gave the businesses some choices" and is getting excellent response "and a lot of sponsorship pledges."

Many replies indicated that businesses wanted to enter the parade, and Gilbert feels that "having no parade last year was the best thing that could have happened. It affected everyone, and now they're all eager to get in the parade this year."

One feature of recent Extravaganzas has been scrapped. "There will not be a passport," Gilbert said. "Individual businesses are being asked to have in-store draws for prizes worth between \$50 and \$100, and will make their draws at 9 p.m. Then they'll put the winning slip back in, take their draw slips to the Co-op and put them in the barrel for the Chamber draw for one big prize at 9:30." The committee agreed that businesses would issue "one draw slip per till slip" and that entries could be made on that day only.

"I think there will be a lot of nice prizes."

A change in the venue for photos with Santa is waiting for confirmation, but Santa has confirmed his attendance, and said he will be happy to ride in a big white limo around the parade route.

The committee is still looking into the possibility of filling the downtown with recorded Christmas music throughout the evening to enhance the festive atmosphere, and has definitely decided that one bonfire is all that is needed. Committee members have been delegated to make arrangements for the fireworks display and a clown to entertain the children. The horse-drawn wagon rides have been confirmed.

(Continued on Page 2)

December target 'optimistic' for 24/7 water

By VICKI BROOKER

Review Staff

Elk Point town Coun. Ron Fraess told council last Tuesday that the proposed Dec. 21 start-up date for the regional water line between St. Paul and Elk Point is "optimistic. I don't think so."

Fraess attended the site meeting and reported that all the pipe was in place, the Atimoswe Creek bridge crossing in the Armistice area was done, the bases for air valves had been installed, but not those for the water meter valves. The crew is expected to be in Elk Point this week to core into the reservoir. The only thing missing, he said, was the control building.

"It's been delayed, it's not coming until Nov. 11. The engineer will make a recommendation that the crew will do

everything they can before it gets here." He noted that the line will be 'pigged', pressure tested and chlorinated prior to startup. 'Pigging' is an internal pipe-cleaning process used to remove any possible debris from the line.

Fraess was questioned regarding the disposal of the chlorine used in the preparations, and on the insulation used to protect the pipe on the bridge crossing from freezing. He was also asked by Mayor Parrish Tung to obtain clarification at the next meeting regarding when the line's warranty comes into effect.

Golf Club concerned

Elk Point Golf and Country Club is "getting concerned about water," Coun. Dwayne Yaremkevich said. "If they get town water to fill the golf course reservoir, they won't be able to afford it." One option could be to pump their own

water from the river, as the water would not need to be treated for use in watering the course's grass greens.

Tax sale

A residential property in Elk Point will go up for sale by auction on Jan. 2, 2013 if the owner has not paid property tax owed on it by that time. Council passed the motions to make the required preparations for the sale, which include advertising it both locally and in the Alberta Gazette, setting a reserve bid equal to the market value of \$47,830 and setting the date for the sale.

Proclamations

Mayor Tung proclaimed November as Seniors' Falls Prevention Month and Nov. 18 to 25 as Restorative Justice Week in Elk Point.

(Continued on Page 2)



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COUNTY OF ST. PAUL No. 19



HIGHLIGHTS

October 9, 2012 Council Meeting

Planning and Development – Second and third readings were given to Bylaw No. 1605 to rezone Lot 2, Block 1, Plan 1120585 in NE 1-58-10-W4 from Urban Expansion to Country Residential 2. Council gave first reading to Bylaws 1608 and 1609 and public hearings will be held at the November Council Meeting. Bylaw No. 1608 is to rezone Part E ½ of SE 32-56-5-W4 from Agricultural to Industrial/Commercial and Bylaw No. 1609 is to rezone Lot 2, Block 1, Plan 1024942 in PSE 17-58-9-W4 from Urban Expansion to Country Residential. Council also gave first reading to Bylaw 1607 which is a bylaw to amend the Lac Sante Area Structure Plan. As per the Area Structure Plan, the landowner will be required to provide several documents regarding the proposed development and its environmental impact. No Public Hearing will be held regarding this proposed amendment to the Area Structure Plan until those documents have been received. The Bylaw and required documents will be available to the public prior to any Public Hearing being held regarding this amendment.

Land Use Bylaw – Council gave first reading to Land Use Bylaw No. 1610. This statutory document, which is used by the Planning and Development department, regulates and controls the use and development of land and buildings within the County to achieve orderly and economic development of land. Some of the changes that are presented in this document and the Municipal Development Plan are the result of the public survey that was sent out this summer. The County appreciates the residents' responses. This document will be available on the County's website the week of October 22 for the public to view. A Public Hearing is scheduled for the November 20th Council meeting at 1:00 p.m.

Municipal Development Plan – Council also gave first reading to Bylaw No. 1611, Municipal Development Plan. The bylaw outlines how and where land can be developed in the County and is a requirement by the Government of Alberta under the Municipal Government Act. This document will be also available on the County's website the week of October 22 for the public to view. A Public Hearing will be held at the November 20th Council meeting at 11:30 a.m.

Strategic Plan – Administration provided the third quarter update on the Strategic Business Plan. The Strategic Plan can be viewed on the County website at www.county.stpaul.ab.ca

Ashmont / Lottie Lake Water Project Update – A scope change to the water transmission line project has been approved to complete the Ashmont & Lottie Lake Water Treatment Plants upgrades and transmission main extension up to the Ashmont Water Treatment Plant including the process piping and equipment work inside both plants. The change was proposed due to the extra water needed in Lottie Lake and has been approved by Alberta Transportation so it can be included under the grant. This work would be required at some point during the entire project regardless of whether a new water treatment plant is built or water is brought via transmission line from the Hwy 28/63 Water Commission, therefore it was decided to complete it now rather than later.

Water Rate Increase – Effective January 1, 2013 water rates in the hamlets of Ashmont, Mallaig and Lottie Lake will increase by \$0.25 per cubic meter. Council agreed to increase water rates in the hamlets at this time, in order to work towards a gradual move to get full cost recovery.

8760 Energy Program – Council agreed to enter into a contract with 8760 Energy for a group purchase plan for natural gas and electricity usage which will result in substantial savings on power consumption as well as modest savings on natural gas consumption. The offer was extended to all community groups that are insured through the County and some of those groups have requested to be included in the group purchasing plan.

FCSS – We are pleased to welcome Katie Webber as the new FCSS Administrative Support for the County. Upcoming dates to remember: Seniors information clinics on October 23rd at the Mallaig Seniors Hall and October 25th at the St. Paul Centennial Senior Citizens Centre from 1-4 p.m.; November 16, a Fall High Tea will be held in Ashmont from 11-2; Annual Seniors Festival in Elk Point on November 29 starting at 10:00 a.m.

Lottie Lake Leak – Following the discovery and correction of the water leak at Lottie Lake, Council and Administration discussed steps taken by Utility staff throughout the summer to locate this leak. There have been discussions regarding costs associated with the leak and how these costs will be funded. While there have been no resolutions made at this time, discussions with Urban Systems (who are assisting the County with setting water rates) indicate that costs should be considered extraordinary and should not be included in the utility rate calculation. This would be similar to extraordinary costs associated with other municipal infrastructure – i.e. major road repairs – that are unplanned for. Both Council and Administration agree that our water distribution infrastructure is aging. To compound the problem we have inherited water distribution systems that were installed by private individuals and have been operating blind at times in regards to where connections and valves are located. Consequently policies and procedures regarding Utilities will be reviewed and preventative maintenance programs will be proposed in an attempt to prevent future incidents. Administration will be bringing forward recommendations to Strategic Planning as well as to the Policy Committee in November.

**For more information contact: Sheila Kitiz, CAO,
County of St. Paul at 780-645-3301, ext. 208.**

Danyluk withdraws from run for PC presidency

By JANANI WHITFIELD
Review Contributor

Former MLA Ray Danyluk has withdrawn his name from the list of candidates for the presidency of the Progressive Conservative Party of Alberta.

Kelley Charlebois, executive director of the PC Party of Alberta, confirmed that at least two weeks ago, shortly after submitting his name as a candidate, Danyluk sent the party a letter withdrawing his name as a candidate. He indicated that although he was no longer an MLA, after being defeated in the past April provincial election, he was still within a "cooling-off period," and was concerned if "that could create any per-

ceptions that would reflect negatively on the party," said Charlebois.

Being a former MLA did not rule him out of running for the position, Charlebois noted, but said, "To his credit, he was concerned and thought it would be better if he not run."

Danyluk could not be reached for comment on the decision.

Calgary businessman Jim McCormick and Lac Saint Anne county councillor Lorne Olsvik are still in the running for the presidency; a number of other positions are also open and the party will look to fill them at its Nov. 9 and 10 annual general meeting in Calgary.

Target 'optimistic'

(Continued from Front Page)

Money management

Council discussed various alternatives of money management and the use of overdrafts versus interim financing or using money in the bank that had been earmarked for other functions.

"A municipality has to operate as a business," town manager Myron Goyan remarked.

Abandoned wells

New provincial legislation regarding development or subdivision of land or construction adjacent to

abandoned oil or gas wells comes into effect Nov. 1, and town council discussed the impact this could have on future expansion of the industrial park. Appropriate setbacks from two former well sites would be required if the park expands in that direction, it was noted.

Allied Arts

Coun. Eugene Buck brought a pair of concerns from the Allied Arts Society's annual meeting, the first regarding the condominium agreement between the town, county

and Northern Lights Library System. Mayor Tung gave councillors some background information on the decision to go into a condominium agreement, and said he felt it was long overdue. Goyan will look into the situation, and agreed the town "should be pushing for it."

The society's second concern was in regards to insurance coverage for both the facility and the society, which Buck said, "is a big stressor for them."

"Rest assured, it's insured," Goyan said. "It's just a matter of an invoice at the end of the year. The county covers the insurance, but apparently didn't let them know that."

Parade

(Continued from Front Page)

The next Extravaganza meeting is slated for tomorrow evening, Wednesday, Oct. 17 at 7 p.m. at the Empress, when further details will be determined for the event, which already has committee members "all really excited" about its potential.

**Phone for an
appointment with
"HAIR STYLIST"**

**Roberta
Scott**
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Halloween Family Frolic

Sponsored by: Elk Point Ukrainian Dance Club
Saturday, October 27, 2012
at Allied Arts & Leisure Centre

FREE CARNIVAL GAMES 6:00 pm to 7:30 pm
FAMILY DANCE 7:30 pm to 12:30 am
Door Prizes / Costume Contests for all Ages
FOOD VENDORS

Bring your FOOD DONATIONS to
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Advance Tickets Available:
Call or See:

- Mrs. Bjorkman at F.G. Miller High School Library
- Faye Poitras / Casandra Nelson / Brianne Greening at ATB Bank

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\$5 / Ticket for 4-12 years
\$10 / Ticket for 13 years - Adult
Kids 12 and under **MUST** be accompanied by an adult.

Tickets available at the door.

ID required for Cash Bar

WILDROSE ANNUAL GENERAL MEETING

WILDROSE MLA SHAYNE SASKIW

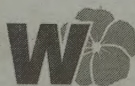
invites you to attend the AGM held on

**Tuesday, October 16, 2012
at 7:00 p.m.**

**St. Paul Senior Citizens Club
4809-47 Street**

**With Guest Speaker Bruce McAllister, MLA for
Chestermere-Rocky View and Wildrose Education Critic**

**For more information, please contact the
Lac La Biche - St. Paul - Two Hills Wildrose
Constituency Association at 780-936-3274
or email: wildrosesaskiw@gmail.com**



County gives first reading to land use bylaw

By JANICE HUSER
Review Contributor

County of St. Paul council gave first reading to its land use bylaw at its Oct. 9 meeting, following a presentation by Krystle Fedoretz, the county's development and planning officer, on the bylaw and changes that have been made to it.

Among other changes, some definitions were clarified in the bylaw and additional appendices were added, along with some changes to wording.

One item that Coun. Cliff Martin brought up was the specification that a minor home occupation can only have four visits per day. Martin expressed concern about this, and he used a home-based hair salon as an example of a minor home occupation that would have more than four visits per day.

CAO Sheila Kitz agreed to look into the matter and see what other municipalities are doing.

Martin also expressed concern about what types of animals would be allowed in residential areas. He noted that he believed council had previously agreed to allow a certain number of chickens, but no roosters, but that is not what is stated in the bylaw.

Administration agreed to look into that matter also.

Council gave first reading to the Land Use Bylaw, with the noted changes. Council also gave first reading to Bylaw No. 1611, the Municipal Development Plan.

Lac Sante

After some debate, council passed a motion for first reading of Bylaw No. 1607 to rezone a parcel of land near Lac Sante from Rural Conservation to Recreational/Residential. The area is part of the Area Structure Plan that was done on the lake a few years ago.

The owners of the land want to develop some larger, five-acre parcels for family and friends, according to information in the County of St. Paul's October agenda. Adjacent landowners will be notified of the pro-

posed rezoning and strict environmental conditions would have to be followed if the rezoning goes through.

Documentation regarding the impact the development would have on the lake now has to be completed and presented to council before the process can proceed.

"The proponent of the amendment shall be responsible for providing an Environmental Assessment prepared by a registered professional biologist with the Alberta Society of Professional Biologists in the Province of Alberta showing no greater than a 30 per cent net impact for the proposed subdivision," says the agenda.

"I don't think it's a good time to amend this plan," said Coun. Maxine Fodness, prior to first reading being passed. She pointed to the number of available lots already for sale at Lac Sante.

Road request

A delegation presented council with a request to upgrade a road in Division 5. Terry Strom spoke to council on behalf of her parents, and requested the county consider upgrading a road that leads to her parents' property so the land

can be subdivided and a portion of it sold.

Following the delegation, council asked Fedoretz to clarify if a road has to be built before the land can be subdivided. She explained that the province requires "legal physical access" to the property for subdivision, and a trail is not considered suitable. The subdivision of the property will get held up if a road is not built, she added.

Coun. Frank Sloan pointed out that it might be worthwhile to build a few miles of road in the area, so more landowners could also benefit with improved access to their property. He said that some of his own relatives have land that is landlocked in the same location.

The request was sent to strategic planning, with councillors seeking clarification on the process of subdividing land that doesn't have suitable access.

Letters of support

Council approved a request for a letter of support from the Mallaig Museum for a grant application to help fund the construction of two lean-to structures on an existing shed at the museum site. The shed is used to house artifacts and the organiza-

tion has some larger artifacts that would benefit from also being housed in the shed, according to a letter from the museum.

Council also agreed to write letters of support for the St. Paul Fire Department for grant applications to set up a couple of training trailers and a second application to allow for regional training to be hosted in the area.

Three different organizations will be applying for different grants to help fix the Beaver River Trestle that was partially burnt earlier this year. The groups requested letters of support

from the county to go along with the grant applications and council agreed.

The Riverland Recreational Trail Society will be applying for a federal grant, North East Municipality will be applying for a provincial grant and the St. Paul Trailblazers will apply to a local program with the Alberta Snowmobile Association.

Rezoning

A portion of land located at Lot 2, Block 1, Plan 1120585 in PSE 17-58-9-4 has been rezoned from Urban Expansion to Country Residential 2.

Eleven more lots will be created at the location, located west of the Town of St. Paul and south of Highway 29.

The land is located outside of the IDP (Inter-municipal Development Plan).

Food program

Following a delegation by Paul Pelletier regarding the Portage College Food Sciences Training Centre and Business Incubator, council agreed to support the project for two years, with \$10,000 being contributed in both 2013 and 2014.

(Continued on Page 11)

Capsule Comments

by Your Natural Choice Apple Drugs pharmacist, Chris Letawsky



- In 1900, in the U.S., nearly one-third of all new babies never reached the age of five. The major diseases that took these children were whooping cough, diphtheria, scarlet fever and rheumatic fever. As well, women often died of "childbirth fever", a serious streptococcal infection of the vagina.
- One of the unsung heroes of medication history is hydrocortisone. It was discovered sixty years ago and has been a wonderful solution to people suffering from itchy and inflamed skin conditions. The drug is found in creams and ointments and is available without a prescription. Our pharmacists can advise you on the proper use of this product.
- Singing in a choir is good for your health. Scientific studies have proven that singers have longer lives, use fewer prescriptions, have better cognitive skills, better vision, volunteer more often and have long-lasting marriages. One more thing: 93% of choir singers vote in elections!
- Asthma-sufferers note: about one-third of asthma patients do not use their inhalers correctly. This means they are not getting the proper dose of medication to help the condition. This applies to both the spray-type and dry powder inhalers.
- Our pharmacists can check your technique on your asthma inhalers to help you get the most from these drugs. Check with us when you get them refilled.

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ELK POINT 4-H MULTI CLUB IS STILL COLLECTING USED BATTERIES.

To donate your used battery, please drop off at one of the battery sheds either at the Elk Point Transfer Station or at Prairie Tech Oilfield

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Maria 780-724-4493; Crystal 780-724-4766

THE TOWN OF ELK POINT Notices & Information



DEVELOPMENT APPLICATION

PERMIT #	LOCATION	CIVIC	DEVELOPER	DEVELOPMENT	DECISION
12-19	Lot 22, Block 3 Plan 792 1962	5126-54 St.	Ron & Diane Fraess	New Garage	Oct. 9, 2012
12-20	Lot 20, Block 5 Plan 842 1406	5004-55 St.	Elron Engineering	Trailer	Oct. 5, 2012
12-21	Lot 70, Block 4 Plan 842 1406	5105-55 St.	Elron Engineering	Trailer	Oct. 12, 2012

Any person claiming to be affected by the decision made by the Development Officer may appeal by writing a NOTICE OF APPEAL to the Secretary of the Development Appeal Board, Box 448, Elk Point, Alberta within 14 days from the first publication of this notice giving reasons for the appeal. Such appeal shall be accompanied by a certified cheque or money order in the amount of one hundred fifty (\$150.00) dollars.

Dated this 11th day of Oct. A.D., 2012

Myron J. Goyan, Development Officer

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This home features an open design and once you walk through the front doors you will feel right at home. 1560 sq. ft., three bedroom home with large ensuite with jetted tub. G.S.T. is not included and some municipal tax concessions apply. Quick possession.

MLS 0031779663

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MLS 0018600247

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Two storey, three bedroom home, close to the schools, arena, shopping, water park and more. The large windows provide an abundance of natural light.

MLS 0020010278

\$145,000



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Affordable living - three bedroom home featuring a nice size kitchen & dining room. The fenced yard offers privacy & storage space for your family's toys. The fully developed basement features a rec room with wet bar, bedroom, laundry room and bathroom. New furnace being installed.

MLS 0016392615

\$146,000



MOBILE HOME

2002, 3 bedroom mobile home on a rented lot. The mobile home will be set up in Elk Point. The deck may not be exactly as shown.

MLS MEP-5004-555T

\$120,000

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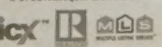
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EDITORIAL

Peace on the hilltop

Twenty years ago, Elk Point joined with 400 communities across our nation in creating and dedicating Peace Parks, each of them with 12 trees, creating a symbolic link with each other and with nature.

Our Peace Park, surrounding the Peter Fidler statue, is one of the most visited and photographed parts of our town, a place of beauty, serenity, and yes, peace.

May it always continue to be that way.

WAY BACK WHEN...

Peace Park, pride in excellence, boundary change

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND ELK POINT REVIEW FOR THE WEEK OF OCT 16 IN...

1987

With the increase in oil prices since the disastrous drop a year previous, activity in the oil patch was recovering slowly with Westmin Resources reopening about a third of the 140 to 150 wells shut in during 1986. Elk Point chamber of commerce explored prospects for continuing the historical mural theme at various locations around town, with artist Billie Milholland advising the members on funding possibilities and suitable subjects.

1992

Elk Point Elks Past Exalted Ruler Bill Schuhmacher and Elk Point Royal Canadian Legion representative Morris Cooper unveiled a handsome plaque as town councillor Adele Mandryk read the inscription, dedicating the area around the Peter Fidler statue as part of the Canada 125 Peace Parks Across Canada project. A small, lead-wrapped bottle and the remains of a 40-foot cross unearthed on the North Saskatchewan River hills east Heinsburg by Bob Hendriks of Heinsburg and Keith Davidson and Russell Williams of Lloydminster were thought to be artifacts from the 1995 North West Rebellion.

1997

Brandon Parenteau was the top overall student at Heinsburg Community School, as principal Lorne Young taking "a great deal of pride in recognizing people who have achieved a standard of excellence" at the school's annual awards night. Elk Point Saddle Slickers hosted the District 4-H Horse Show, where Ashley Larson of the Saddle Slickers achieved Grand Champion honours and Amanda Ferris of St. Paul Light Horse Club named Reserve Champion.

2002

Elk Point's volunteer firefighters put their extrication skills into practice and put out petroleum fires for a very interested audience at their Fire Prevention Week open house. The provincial Electoral Boundaries Commission was recommending changes that would almost double the size of the Lac La Biche-St. Paul constituency, which MLA Ray Danyluk felt would make it much more difficult to effectively represent his constituents.

2007

Elk Point Health Care Centre had something extra to celebrate at Thanksgiving, with the official opening of their long-awaited heliport, a collaborative effort of town, county and provincial governments. Incumbents Mayor Parrish Tung and Coun. Dwayne Yaremkevich were joined by three new council members, Dick Millar, Bernice Capjack and Mark Gormley in the town election, while all county council incumbents were returned by the voters.



GUEST COLUMN

Bookworm burnout

Yes, I know it is only the middle of October, but I have been thinking about our students. How are they really doing in school? It is almost the middle of their semesters in high schools and universities. Therefore, they could be worrying about their mid-term exams and such. The question is still: how are they doing?

Are some of our students, in reality, cramming? According to the University of California, Irvine, even a few hours of stress can impair area of the brain needed for learning and memory. So when you're stressed for a test, your brain is less likely to retain the information you try to cram in it. Late nights and a lack of sleep just add more fuel to the stressful fire. The brain needs sleep to encode recently learned information. Students who have had less than six hours of sleep a night for two weeks perform just as poorly on exams as students who have been awake for 48 hours straight.

If you are one of these students, you can prevent burnout and earn better grades by following these tips:

Eat a breakfast of protein, antioxidants, vitamin B, and Omega-3 acids (i.e. eggs, fruits, and nuts) to keep your brain active and alert during your test.

The week leading up to a test, trade in long nights of cramming for daily study sessions of 30-40 minutes.

Exercise before a test, causing blood to pump to your brain and keep you focused.

Sleep at least seven to eight hours after studying, giving your brain more time to absorb the new information.

All of these suggestions are not new and they really are all quite logical. The trick is to follow up with any one of the suggestions. For example, what about the area of exercise? In a nutshell, it's smart to exercise, and in return,

exercise can make you smarter.

The physical size of the brain will reach its maximum volume between the ages of 10 and 20. Then, as we progress through adulthood, there is a slow but steady shrinkage, or atrophy, of our brains. Atrophy of the brain is associated with eventual loss of memory and a cognitive decline. Continuing to both learn and exercise throughout one's life is key to slowing the natural process of shrinkage of the brain's cells and maintaining their health and function. According to the latest neuroscience, exercise does more to bolster thinking than even thinking

itself does. This is based on animal studies in which some animals were placed in very stimulating, enriched environments, where every appetite could be immediately gratified – and other groups of animals just exercised. Studies were performed to see which group became smarter over time. The only factor that improved the animal's brain power, regardless of their environment, was regular aerobic exercise.

Exercise appears to slow the brain's natural decay similar to the effect that physical activity has on our muscles. Well-oxygenated blood flow seems to promote the creation of new brain cells in a process called neurogenesis. As we then stimulate our brains through learning, exercise appears to assist these new cells in becoming part of the functioning nerve pathways. In essence, exercise created the environment in which healthy brain cells can thrive in carrying out their various functions. Exercise has also been proven to naturally and safely raise the brain chemicals responsible for improving our clarity of thinking, mood, and performance, and it stimulates the nervous system to function at a higher level. All of this information by Dr. Thomas J. Boud, may be only food for thought or it may be just another opinion on the value of exercise in our lives. But, it is one thing to be a bookworm and not find time to exercise and guess what? Just maybe, because of lack of exercise, all the information, once read, may be forgotten.

So, students prevent bookworm burnout, start where you are at and begin adding exercise in your life routine. It will make a difference.



deanna
EASTHOPE
from the FCSS desk

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

ELK POINT REVIEW

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Vicki Brooker
EDITOR



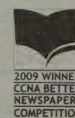
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Canada

Busing, enrolment on SPERD agenda

By JANICE HUSER
Review Contributor

Transportation will be the topic of the day on Oct. 18 when representatives from St. Paul Education Regional Division (SPERD) and Whitefish (Goodfish) Lake First Nation, along with other affected groups, gather.

SPERD trustee Heather Starosielski and board chair Maureen Miller expressed their excitement for the upcoming meeting at last week's regular board meeting.

According to a letter from Whitefish Lake sent to SPERD, items to be discussed at the meeting include the development and implementation of a regional transportation agreement, adequate funding for Whitefish Lake's on and off-reserve student transportation, challenges being faced by Whitefish Lake in regards to busing and how more funding could be obtained.

"Through out exhaustive community consultation approach, we have garnered the approval of the community members to cease the provision of transportation to students from (kindergarten) to Grade 3. This puts us in a better financial footing going forward in the 2012/2013 school year," states the letter. However, the band does need the support of Aboriginal Affairs and Northern Development to help adjust the budget "to enable us to retain additional teaching staff to accommodate the influx of students," it states.

Next year, Whitefish Lake plans to extend the transportation policy, so that students from kindergarten to Grade 6 are no longer bused off the reserve for schooling.

A workshop has been scheduled to discuss the issues and put together an agreement. Other parties involved include Aspen View Public Schools, because of the implication to Vilna School, along with government organizations.

In past SPERD meetings, it has been noted that nearly one third of the students attending school in Ashmont come from Whitefish Lake.

"It is a difficult situation," said Superintendent Glen Brodziak.

Enrolment

According to the most recent enrolment numbers, numbers across the division are up when compared to last year, but fell 25 students short of SPERD's 2012/13 projections.

"Losing 25 students is significant," said Brodziak, noting this means a \$250,000 difference in budgeted numbers.

The biggest drop happened at Ashmont Elementary, where the actual enrolment number is 52 students lower than the projected enrolment number. Heinsburg School also dropped 33 students from the projected number.

Schools that saw notable increases in enrolment include Glen Avon School, with 28 more students than projected. Racette School had an increase of 19 students over the projected number and Elk Point Elementary had an increase of 18 students over projected numbers.

Across the division, one teaching position was filled and one position was reduced, due to a maternity leave, which worked out well, said Brodziak.

Trustee Ron Rudkowsky made sure to point out that although the enrolment numbers are lower than projected, the division still saw an increase of about 30 students compared to last year's numbers.

Results

Assistant Superintendent Patricia Gervais went over the results of the most recent accountability pillar with board members at last

week's meeting.

The division is very pleased with the results that show increases in many areas. These results also show that for the first time in many years, SPERD is above the provincial average for diploma exam results.

About 15 per cent more students in the division are getting acceptable results in provincial achievement tests. The gap is narrowing between SPERD students and province-wide results, heard the board.

"The goal is to improve," said Brodziak, adding, the improved results are due to the hard work of teachers, students and parents. "We've made strides in almost every area."

Brodziak noted that the results mean children are achieving more success, and this results in overall improvement in a child.

Rudkowsky brought up the need for strategies to be put in place to maintain and continue to improve on this success.

Outreach

The board has agreed to look into the possibility of establishing an outreach school in Two Hills.

Rudkowsky asked administration to conduct a survey to gauge the need for an outreach school. He noted it is important for the division to "get our foot in the door" with some of the students who are leaving school early, most notably, the Mennonite students.

Carmen Glossop, the ATA representative for the area, pointed out that

SPERD might want to conduct two different surveys in the Mennonite school, one for the parents and one for the students, since the two groups may have different opinions about continued education.

Digital Citizenship

Digital Citizenship - Using Technology Appropriately, is being introduced into schools' curriculums to help teach students how and when to use technology. The program aims to prepare students to operate successfully in a society that is filled with technology, according to the program's website.

Capital projects

The Racette modernization and renovations at F.G. Miller are running on schedule.

The new Two Hills Mennonite School project is also moving forward and the project is expected to go to tender this week.

Organizational meeting

SPERD trustees held their organizational meeting prior to last week's regular board meeting. Trustee

Maureen Miller will stay on as the board chair and trustee Heather Starosielski will be vice-chair.

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Wednesday, October 24	3:00 PM - 8:00 PM	Elk Point Seniors Centre, 5018 48 Street, Elk Point
Monday, October 29	9:00 AM - 3:00 PM	
Tuesday, November 6	3:00 PM - 8:00 PM	Elk Point Community Health Services, 5310 50 Avenue, Elk Point
Tuesday, October 23	9:30 AM - 12:30 PM	Fishing Lake Community Hall, Sputinow
Tuesday, October 30	1:00 PM - 3:00 PM	

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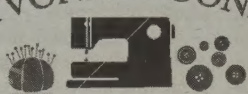
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2012 Iron Horse Ultra 100

Fans and relay teammates kept warm around a blazing bonfire at the Iron Horse Trail staging area (above) while they waited for incoming runners, who were checked in (left) by a hardworking team of volunteers and given advice about the location of potential hazards that could face them as they continued on. At right, Melissa Rogal points out a spot where runners might have an unscheduled encounter with a bull as they made their way back to St. Paul through the Stoney Lake area.



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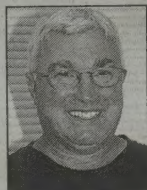
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World Series helps fill void, but Saturday's not the same without Don Cherry

I love watching the baseball World Series playoff games on the tube at this time of year. It usually takes about four hours to play a game and sometimes longer. You can have a little cat-nap while you're watching and hardly miss a pitch. This past Saturday I watched the Yanks and Tigers from 5 until 8 p.m., then watched a movie for two hours and the game was still on, it had gone into extra innings. Something I didn't know until that night when they introduced the starting line up was that Russell Martin, the catcher for the Yankees, is a Canadian. Some of the very best players in the majors are Canadian.

Baseball hasn't changed for well over 100 years. It's still about pitchers being able to strike guys out and really great defensive plays that can save a pitcher, and about batters with big timely hits that bring in the winning runs. And it's never over until it's over. This past Friday night I switched channels when Washington had a six run lead on St. Louis and never turned it back again, thinking they had the game in the bag. The next day I find out the Cards battled back and won the game. I should know better! I've seen this happen to myself more than a few times. And if you have ever coached

at a competitive level of ball, you can understand how the stats work and why the managers use them.



doug BASSETT
Review Sports

Baseball is great to watch for the next few weeks, but what about later? I guess we can watch football and the odd AHL game that I haven't really gotten into watching as of yet. What I miss the most with the NHL strike is not seeing Don Cherry on every Saturday night. He usually comes on at the first intermission, about 6 p.m. My wife Donna always plans supper for right after Don is over, because I can miss some of the game, but I can never miss listening to Don and his rants. By the way, Donna doesn't think the same of him!

Let the games begin!

Ready or not, let the games begin. Our Peeewe Avalanche were looking for some action to evaluate the team and just see what they had. They opened up the season with an exhibi-

tion game in St. Paul. Not against the team that they would normally play in the league, but against their top tier one team. The outcome wasn't too pretty on the score sheet, but the coaching staff did some things they can start to work on. Speedy winger Chad "Pickpocket" Poitras picking up the only goal for Avalanche, the smooth skating big D-Man Nicholas Tucker with the assist. Rookie goaltender Darrian "the Dominator" Rybchinsky was bombarded with the rubber but he stood his ground and never threw in the towel. The boys were most likely feeling their oats after a long layoff and needed to get rid of some of that energy that has built up, plenty of penalties on both sides in this one. Coming up this weekend, the peeeweas host Bonnyville at home, Saturday at 4.30pm.

And now for the K.A.Campbell quote of the week: "The first thing is to love your sport. Never do it to please someone else. It has to be yours. "Last week's answer to: "I'm tired of hearing about money, money, money, money. I just want to play the game, drink Pepsi, and wear Reebok." - Shaquille O'Neal, Have a sports scoop? Now you can email them to sportshound007@hotmail.com

Library lends a hand to Alzheimer's Society

By DAPHNE SCHNURER
Librarian

Take a coffee break at Elk Point Municipal Library and support the Alzheimer Society in your community. Last year's Alzheimer Coffee Party was such a hit that we've decided to do it again this October. Drop by the library between 10:30 a.m. and 4 p.m. on Tuesday, Oct. 23 and try out some exciting and delicious new coffees or taste test our selection from David's Teas, along with a snack or two.

Your support of the Alzheimer Society would be most welcome. Coffee Break is the Alzheimer Society's major nationwide annual fundraiser where friends, co-workers and customers gather in communities across Canada to raise funds for local Alzheimer Societies. Participants at these events make a donation in exchange for a cup of coffee. The money raised stays in that province or community to help support local programs and services. Thanks to sponsors and participants, more than \$1.2 million was raised across Canada in 2011. This is the 17th annual campaign for the Society, and started on Sept. 20, continuing into October.

Reminders

Library Month E-Reader Contest - In celebration of Library Month, kids, don't forget to pick up your reading logs in order to be able to enter the draw for a free e-reader. We will collect reading logs until October 31. It's a great chance to win a KOBO!!

Also for the kids, our after-school craft reading program is back for another year on Thursday, Oct. 18 at 3:45 p.m. There is no cost and everyone is welcome.

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3010. Auctions

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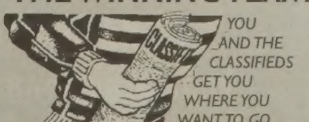
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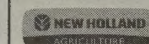
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- Inputting of invoices and accounts payable.
- General reception and filing duties.

Experience:

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- General knowledge of computers.
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Duties and Responsibilities:

- Data entry of customer orders and purchase orders.
- Inputting of invoices and accounts payable.
- General reception and filing duties.

Experience:

- Strong interpersonal and communication skills.
- General knowledge of computers.
- Person who is well organized and can work independently.
- Grain farming experience or knowledge would be a definite asset.

Please Submit your Resume to
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Only individuals who are selected for an interview will be contacted.

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The Classifieds - Continued

1005. Help Wanted 1005. Help Wanted 1005. Help Wanted



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Help celebrate Co-op Week

BY HONOURABLE MAURIL BÉLANGER
MP for Ottawa-Vanier

Did you know that 18 million Canadians are a member of at least one of the 9,000 co-operatives across this country? In fact, many members themselves might not even realize that they belong to one. I'm hoping that we can change this during Co-op Week in Canada which runs from October 14-20. This year's celebration is especially significant since 2012 is the

International Year of the Co-operative.

The co-operative model has proved highly capable of meeting people's needs where the private sector does not foresee a high return on equity. As UN Secretary General Ban Ki-Moon has said, "co-operatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility."

Last spring, as the Liberal

Party's new Advocate for Co-ops, I got Parliament to create a special co-operatives committee to study the sector. We found that co-operatives, particularly new ones, have trouble accessing capital to expand and that governments can play an important role in bridging that gap.

I encourage everyone to participate in this year's Co-op week by taking a close look at some of the co-operatives that serve their communities and perhaps even joining one.

County gives first reading

(Continued from Page 3)

"I think it's a great project," said Reeve Steve Upham.

Posts

Posts that were removed from the Paziuk development in 2008, as per the request of local residents will be reinstalled, again, as per the request of local residents.

As of late, people have been driving trucks down a trail in the middle of the night, which is causing some problems in the development. Fodness said she received a phone call asking for the posts to be put back into the trail, to help alleviate this problem.

After discussing the history of the posts, coun-

cil agreed to put them back for good.

Caretaker

Council has again agreed to help pay the Mallaig Arena caretaker's benefit during the winter season, since the caretaker is a seasonal employee for the county. The same arrangement was agreed upon last season and worked well, heard council.

7999. Too Late To Classify 7999. Too Late To Classify

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One of the 100 km runners takes a big step forward as he heads toward St. Paul and the finish line from the Elk Point staging area.

Fearless runners take on Iron Horse Ultra 100

By RYAN McCRACKEN
Review Contributor

St. Paul hosted the Iron Horse Ultra 100 this weekend, a grueling 100 mile or 100 kilometre run that saw 78 fearless adrenaline junkies take to the fields and trails.

The Iron Horse Ultra 100 began at Reunion Station at 7 a.m. on Saturday morning and did not fully conclude until 10 a.m. the next day, leaving participants between the ages of 23 and 57 limping and sore, but very proud of their accomplishments.

"The runners were happy and that's what matters. It was a good run," said Monique Poulin, who coordinated the event. "There was only like seven or eight people who were local, so we brought in 70 people from out of town; the farthest was from Texas."

Runners could participate in the event either as a soloist or as a member of a relay team. The races featured eight stations where runners could hydrate or change hands in places like Elk Point, Fort George and Lindbergh.

"Those are real key areas that we went through," Poulin said, adding that part of the initiative was to have the runners experience as much of the area as possible.

"Lots of people when they got to Fort George were like, 'I can't believe this place is here!'" she noted. "That was what we kind of wanted so that people might think about coming back to visit."

The event was made possible by participation from local farmers who allowed runners to use their land. "We really thank the farmers for doing that for us and letting us use their land," Poulin said, adding she was appreciative of producers' efforts in moving cows and otherwise facilitating the course trail.

About 25 volunteers pitched in to help, and did a great job, Poulin said, but as it is a 27-hour event, she is hoping to see more people come out and volunteer for next year's event.

The event caters to a select few that wish to push themselves to the absolute limit, with finish times for soloists ranging between 11 hours to 27 hours.

Adrian Harvey of Calgary, who ran the Iron Horse Ultra 100 as his sixth ultra marathon of the year and finished with a time of 11 hours and 17 minutes, says these types of races appeal to him on a level of self-empowerment.

"I think you just find stuff out about yourself. You're in the middle of the night; there's no one sitting there cheering for you and you have to figure out a way to keep going," Harvey said, adding that after six ultra marathons, his legs need a good rest. "Sometimes you surprise yourself and do things that you really shouldn't be able to do."

For Stewart Wyllie, who finished the 100 kilometre run in 12 hours and 54 minutes, these races are about testing his personal limits.

"I just like to test my body's capabilities," Wyllie said. "I like the challenge and pushing myself to the limit. I'm kind of crazy like that."

Every participant that finished the race received a hand-crafted medallion made by Sabrina Michaud, from the St. Paul Visual Arts Centre. According to Poulin, every medallion is unique and together, represent an autumn theme to encapsulate the spirit of the race.

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